




The Winchester School

Family Learning Newsletter -Year 6- November 2020




Area of Learning	Focus	Home activities/How can you help your child at home	Useful website
Literacy	<p>Spelling</p> <p>Adding the 'ee' sound spelt 'ei' after 'c'</p> <p>Lesson Objective: To add 'ee' sound spelt 'ei' after 'c' words.</p> <p>.</p> <p>Punctuation</p> <p>To analyse and understand the use of speech marks in dialogues.</p>	<p>Encourage your child to follow the appropriate usage.</p> <p>Rules</p> <p>The rhyme 'i before e, except after c' can help you to spell the ee sound. After c, the letters that make the ee sound are the other way around: e comes before i.</p> <p>Share with your child that there are a number of exceptions to the rule. These exceptions just need to be learned.</p> <p>Encourage your child to use speech marks for spoken words and not to use them for unspoken words.</p> <p>Also teach them rules to include punctuation mark before closing the speech marks</p> <p>Eg: In a direct speech sentence, we would narrate Iggy's spoken words like this:</p> <p>"I bid you farewell Earthlings!" shouted Iggy from his spaceship.</p> <p>If we were writing an indirect speech sentence, we would narrate Iggy's spoken words like this:</p> <p>From his spaceship, Iggy bid farewell to the Earthlings.</p>	<p>https://www.spellzone.com/word_lists/list_search.cfm?words=I+BEF+ORE+C</p> <p>https://www.spellzone.com/word_lists/list_search.cfm?words=EI+BEF+ORE+C</p> <p>Anagram</p> <p>Word Search</p> <p>Word Game</p>  <p>https://jeopardylabs.com/play/commas-and-quotation-marks</p> <p>Punctuation quiz</p>



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	<p>Grammar</p> <p>To use 1st 2nd and 3rd person accurately within a sentence.</p> <p>Text Level- Playscript</p> <p>To analyse the elements of classic tragedy. To extend learning beyond Macbeth. To estimate the power of ambition and persuasion. To judge and legitimate the actions of Macbeth and Lady Macbeth, from the series of events.</p>	<p>Talk to your child regarding the use of 1st 2nd and 3rd person in a sentence and how it varies while being used in different types of text.</p> <p>Encourage your child to try converting 1st person to 3rd person and vice versa.</p> <p>Encourage them to enact a role in a play.</p> <p>Talk about the different plays or stage shows they've watched.</p> <p>Share the Prezi on elements of classic tragedy with your child. Explore, discuss and understand the elements involved in the tragedies. Read the story of Macbeth with your child and analyse the elements mentioned and justify the same with evidence from the story.</p> <p>Encourage your child to read another tragedy and compare the elements of tragedy and evaluate the differences and similarities.</p>	<p></p> <p>https://www.softschools.com/quizzes/grammar/quotation_marks/quiz1632.html</p> <p>Thesaurus</p>
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	<p>To analyze the features of a play script and dramatize the given situation from Macbeth.</p> <p><u>Moral Education Link</u></p> <p>Unit: The Individual and the Community</p> <p>Topic: Taking Responsibility for Oneself and Others</p> <p>-The environment is my responsibility.</p> <p>Explanation text</p> <p>To read and analyze explanatory texts to identify key features.</p> <p>To distinguish between explanatory texts, reports and recounts while recognizing that an information book might contain examples of all these forms of text.</p>	<p>Share real-life examples of people who cause destruction to mankind due to ambition. Talk about World War.</p> <p>Encourage your child to read Macbeth and discuss the roles of Macbeth and Lady Macbeth. The way Lady Macbeth provoked Macbeth to do the heinous crime and how he was haunted by his conscience. Discuss and analyse the characters and their actions.</p> <p>Encourage your child to choose a character and do a role play to emote feelings of the character.</p> <p>Talk to your child to create an awareness of environmental issues locally and at national and global level.</p> <p>Talk to your child about the structure and language features of explanation texts to describe the phenomena and processes that take place in nature and everyday life.</p> <p>Share with your child a few samples of different text for example, a news report, a narrative and explanation text. Now work in pair and analyse the similarities and differences between these text- language and text features. Then discuss the formal language used in the news report and the explanation text.</p>	<p>Macbeth- short version</p> <p>Macbeth -play script</p>
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	<p>To summarize the explanation text by presenting it in the form of flow charts or cyclical diagrams as appropriate.</p> <p>To understand the use of paragraphs, connectives and the other key language and structural features appropriate to explanatory writing.</p> <p><u>Moral Education :</u> Topic- Taking responsibility for oneself and others.</p> <p>Unit: The individual and the community</p> <p>To explore the personal and altruistic motives behind taking responsibility and the positive feelings that result- happy, self-satisfaction, maturity and a desire to smile.</p> <p>To assume responsibility at home and globally on environmental issues and to explore possible solutions with a focus on raising awareness.</p>	<p>Share examples of explanation texts to identify key features: the purpose, structure, language features and presentational features.</p> <p>Encourage your child to highlight the technical words and language features to summarise the points in the explanation text thereby helping them to present it in the form of a flowchart or mind map. Now encourage your child to write an explanation text using key features.</p> <p>Talk to your child about what it means to be responsible for their own work, for eg, simple tasks like ensuring they are ready for the school day with the necessary books and stationery in their bag. Do they take responsibility to do their own tasks without reminders from parents and teachers?</p> <p>Encourage your child to assume responsibility as the next step for home tasks as well, for eg, helping in household chores.</p>	<p>Explanation text</p> <p>explanation text on how to write</p> <p>explanation text writing</p>
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Numeracy

To use, read, write and convert measurements of length from one unit of measure to another (mm, cm , metre, Km)

To measure and calculate using both standard /non-standard and imperial units.



To convert between miles and kilometers

To solve word problems involving length.

Word Problems



What to do

- Look at a car and take turns to complete the table with estimates of the lengths.

You will need:

- tape measure

	Estimate	Actual measurement	Change of units
Length of car			
Diameter of steering wheel			
Height of car door			
Width of number plate			
Height of number plate			
Length of windscreen wiper			
Own choice			

- Take turns to measure the lengths accurately.
- In the final column, change the units, those in metres to centimetres and those in centimetres to millimetres.
- Each person writes two problems using these measurements for their partner to solve.

Variation

- Make estimates and measurements in another setting, e.g. objects in the lounge.

Convert 24 km to miles using both the approximate and exact conversions.

Miss Magee has to drive 7 ½ km to get to school. On Monday she drove to school and arrived at 8am, she realised she'd forgotten her laptop, drove back home,

[Measure km](#)

[Meter](#)

[Length-problem-solving](#)

[measurement problems](#)

[iPad Apps:](#)

<https://itunes.apple.com/ae/app/easymmeasure-measure-your-camera!/id349530105?mt=8>

<https://itunes.apple.com/ae/app/distance-measure/id430378257?mt=8>



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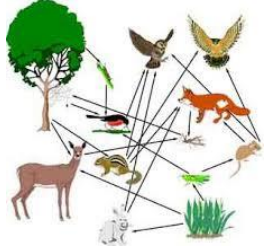
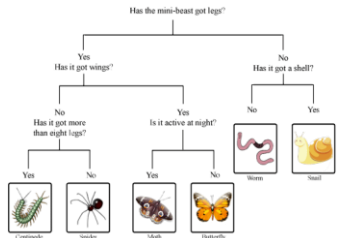
		<p>picked up the laptop, then returned to school. How far did she drive before school started?</p> <p>Challenge question The distance between Harry and Kate is 2500 meters. Kate and Harry start walking toward one another and Kate' dog start running back and forth between Harry and Kate at a speed of 120 meters per minute. Harry walks at the speed of 40 meters per minute while Kate walks at the speed of 60 meters per minute. What distance will the dog have travelled when Harry and Kate meet each other?</p>	
<p>Science</p>	<p>Revision</p> <p>Plant Growth</p> <ul style="list-style-type: none"> To be able to explain what a plant needs to remain healthy. To be able to explain the role of a fertilizer and understand why it is not food <p>Plants animals</p> <p>Food Web/Food Chain :</p> <ul style="list-style-type: none"> ➤ To understand that animals and plants in a habitat are interdependent 	<p>Talk :</p> <p>Talk to your children about Plants and how they grow from a seed? The Factors that affect the plant growth.</p> <p>Share :</p> <p>Share the fact that plants make their own food with the process of photosynthesis.</p> <p>Talk</p> <p>Remind children that green plants use the energy from the sun to prepare their food (photosynthesis), animals take their food from plants and other animals so it's a chain.</p> <p>Share with your child examples of predator-prey relationships in various habitats and ask them to predict</p>	<p>Useful Links:</p> <p>Plant growth</p> <p>Sid the Seed</p> <p>Germination of Seed</p> <p>Photosynthesis</p> <p>Food Chain</p> <p>Bigger Food Chains</p> <p>Food Chain Game</p> <p>Game</p>



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	 <p>Keys:</p> <ul style="list-style-type: none">To construct a branching database to sort living beings. 	<p>what would happen if one or more of the animals become extinct. What effect would that have on a particular ecosystem?</p> <p>Encourage your child to research and find out the names of various plants and animals in a given ecosystem and create their own food chain and food webs.</p> <p>Encourage</p> <p>Together look at some pictures of different animals/plants, discuss their features and encourage your child to sort them into groups by asking some specific questions.</p>	
Humanities	<ul style="list-style-type: none">To explore the evidence at Chichen Itza.To explore the Maya writing system.	<ul style="list-style-type: none">Talk about and share your research of Chichen Itza together.Encourage your child to explore different links and analyse how the Maya writing system is similar or different to the writing systems in the rest of the world.	<p>Maya Civilization</p> <p>MAYA WORLD</p>



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To explore key aspects of physical geography, including: climate zones and biomes of South America.



- **Encourage** use of maps, atlases, globes and digital/computer mapping to locate the countries of South America and describe the features studied.
- **Encourage** your child to explore the physical geography of the UAE and South America and investigate the climate, weather and activities available in both places.

[Mesoamerican Archives](#)

[Maya-3D Tour](#)

[MAYAN ARTEFACTS](#)

[Amazing Facts about Maya Civilization](#)

[physical and human geography](#)

[Reading and making map](#)

Vocabulary

Codices , Kukulcan , Tikal, Chichen Itza, system.



Yucatan Peninsula, Mesoamerican, Guatemala, Belize, Climate zone, climate, polar, arctic, temperate, tropical, subtropical, latitude, Koppen



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<p>UAE SST</p>	<p>To explore the dynasty system in Ancient China.</p> <p><u>Key vocabulary:</u></p> <p>Government, monarchy, inheritance, hierarchy, wealth, poverty, Shang, Zhou, dynasty</p> <p>To explore examples of buildings and art from the Minoan Civilization</p> <p><u>Key vocabulary:</u></p> <p>Sanitation, Minoan Civilization, fresco, Knossos, legend</p> <p>To explore early examples of water transport.</p> <p><u>Key vocabulary:</u></p> <p>trade route, prevailing winds, seal, current</p>	<p>Encourage your child to research the difference between the governments of the Shang and Zhou dynasties of Ancient China.</p>  <p>Talk to your child about Knossos and the Minoan Civilization and how they decorated their buildings with frescoes showing sports, music and animals.</p> 	<p>Shang Dynasty</p> <p>Minoan Art</p> <p>Palace of the Minoans</p> <p>Water Transportation</p> <p>Achievements of early civilizations</p>
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	<p>To explore some of the main achievements of human development in an ancient civilization (Term Project)</p> <p>Key vocabulary:</p> <p>development, achievement</p>	<p>Share with your child how travel over the water helped ancient civilizations to trade with each other.</p>  <p>Encourage your child to describe the main contributions of ancient civilizations to human development made by a civilization of their choice studied so far and present it in the form of a poster, PowerPoint or a fact file.</p> 	 
<p>Arabic for Arabs</p>	<p>قصة أنا أتساءل</p> <p>أن يحدد التلميذ الفكرة الرئيسة والأفكار الداعمة</p> <p>أن يحول التلميذ حدثاً من أحداث القصة إلى حوار</p> <p>أن يحدد التلميذ السمات الداخلية والسمات الخارجية لشخصيات القصة</p>	<p>مساعدة التلميذ في البحث عن لغويات النص بالمعجم على الإنترنت</p> <p>مساعدة التلميذ في كتابة ملخص للقصة بالمنزل .</p> <p>مساعدة التلميذ في تحديد الأساليب في القصة</p> <p>مساعدة التلميذ في قراءة القصة وتحديد العناصر الرئيسة وعناصر القصة .</p>	<p>الهزمة المتطرفة</p> <p>منصة أقرأ بالعربية</p>



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	<p>أن يحلل التلميذ عناصر القصة أن يحدد التلميذ السمات الفنية للقصة أن يحدد التلميذ علاقات التضاد والترادف بين الكلمات أن يتنبأ التلميذ بما سيحدث بعد نهاية القصة الهمزة المتطرفة على واو أن يكتب التلميذ كلمات بها همزة متطرفة على واو أن يحدد التلميذ مواضع كتابة الهمزة المتطرفة على واو الفعل الماضي أن يميز التلميذ بين حالات بناء الفعل الماضي أن يوظف التلميذ الفعل الماضي في فقرة</p>	<p>يمكن لولي الأمر الدخول من خلال الرابط المرفق لموقع قناة اللغة العربية والتربية الإسلامية الخاص بمدرسة ونشستر ومتابعة التسجيلات الخاصة بالدروس ومشاركتها مع التلميذ وتدوين ما تعلمه في دفتره المدرسي.</p>	<p>قناة اللغة العربية والتربية الإسلامية بمدرسة ونشستر</p>
Arabic for Non Arabs	<p>(الهوايات والرياضات) Hobbies and Sports - To describe hobbies and sports using exclamatory style. - To compare between different sports and hobbies. - To create a dialogue on hobbies and sports. - To describe the sports and hobbies in a paragraph. - To express their opinion in hobbies and sports. - To analyse a text about the hobbies and sports. في الحديقة In the garden -To create sentences about the garden. -To design a mind map of the garden. -To compare between two places (Garden – Cinema...).</p>	<p>- Encourage children to use these words in sentences of their own. - Encourage your child to use the new adjectives in his-her writing - Encourage your child to describe everything around him - her in the garden. - Ask your child to draw their favorite place. - Talk to your child about the importance places in Dubai. Go through the links on the Arabic and Islamic YouTube channel so that you can help your child learn more at home about the topic</p>	<p>A day in the garden I Read Arabic Learn about the garden Arabic and Islamic YouTube Channel</p>



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	<p>- To describe the garden in a paragraph. - To express the opinion in different places in Dubai. - To write a telegram correctly.</p>		
Islamic for Arabs	<p>الإحسان إلى الناس أن يوضح التلميذ أهمية المساواة بين الناس أن يبين التلميذ أسس المفاضلة بين الناس أن يوضح التلميذ الآثار الإيجابية لحسن التعامل مع الناس</p> <p>سورة المطففين أن يستنتج التلميذ المعنى الإجمالي لأيات السورة الكريمة أن يفسر التلميذ بعض مفردات السورة الكريمة أن يستنتج التلميذ أثر الغش على الفرد والمجتمع سجود السهو وسجود التلاوة أن يعدد التلميذ أنواع السجود أن يفرق التلميذ سجود السهو والتلاوة أن يستنبط التلميذ الحكمة من مشروعية سجود السهو</p>	<p>يساعد ولي الأمر الطالب أن يوجهه إلى تقوى الله عز وجل في السر والعلن. يساعد ولي الأمر الطالب أن يطبق ما تعلمه بين إخوته ومجتمعه ويقتدي بنبيه صلى الله عليه وسلم . تشجيع الطالب على الإحسان للناس قولاً وفعلاً تشجيعه على حفظ السورة من خلال المصحف المعلم توفير فيديوهات عن سجود السهو وسجود التلاوة يمكن لولي الأمر الدخول من خلال الرابط المرفق لموقع قناة اللغة العربية والتربية الإسلامية الخاص بمدرسة ونشستر ومتابعة التسجيلات الخاصة بالدروس ومشاركتها مع التلميذ وتدوين ما تعلمه في دفتره المدرسي.</p>	<p>الإحسان إلى الناس سورة المطففين قناة اللغة العربية والتربية الإسلامية بمدرسة ونشستر</p>
Islamic for Non Arabs	<p>Lesson1: Surat ul mulk (15- 25) To explain the overall meaning of the verses To share the lessons learnt from the verses. Lesson2: the holy Quran is my intercessor To explain the overall meaning of the hadith. To explain the concept of intercession of Quran the day of judgment. Lesson3: the etiquettes on streets. To infer the main important manners of the street in Islam.</p>	<p>Encourage your child to memorize the holy verses along with the previous verses of Surat ul Mulk (1-25). -Share with your child the meaning of each verse (15-25) -Encourage your child to talk about the lessons he learnt from the verses. - Talk to your child about the virtues of reciting Quran and its benefits. - Let your child memorize the hadith of the lesson. -Share with your child the etiquettes of the street.</p>	<p>Surat Al Mulk (The Sovereignty) Blessings, Rewards, Benefits and Virtues of Quran and its Recitation Why Do We Recite Quran? Arabic and Islamic YouTube Channel</p>



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	<p>To explain the importance of abiding by these etiquettes with reference to Quran and Sunnah.</p>	<p>- Encourage him to abide by these etiquettes Go through the links on the Arabic and Islamic YouTube channel so that you can help your child learn more at home about the topic</p>	
<p>French</p>	<p><u>Topic : Quel temps fait-il?</u></p> <ul style="list-style-type: none">- To describe the weather in French.- To describe the weather in the four seasons.	<p>  Talk</p> <p>- Ask your child to talk about the weather every day in French.</p> <p>  Share</p> <ul style="list-style-type: none">• Create a presentation or poster about the weather in the 4 seasons <p>  Encourage</p> <p>Students to keep exploring the links given.</p>	<p></p> <p>https://www.youtube.com/watch?v=eBvJVouBPXI</p> <p>https://www.youtube.com/watch?v=Kq4Luegns8c</p> <p></p> <p>https://quizlet.com/35072410/quel-temps-fait-il-flash-cards/</p> <p>https://quizlet.com/35072410/match</p> <p>https://quizlet.com/35072410/gravity</p>



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			 <p>Keep practising the weather at home by visiting Linguascope and playing on " la météo"</p> <p>Username: winlang</p> <p>Password :gems2020</p>
ICT	<p><u>TOPIC : SpreadSheets</u></p> <p><u>LEARNING OBJECTIVES :</u></p> <ul style="list-style-type: none">● Introduce and familiarise with spreadsheets.● To Order data using the Sort function and produce a graph to present the data.● To Plan and Calculate a Spending budget.	<p>Talk to children about general safety in using a computer and e-safety rules, particularly when accessing and searching the Internet.</p> <p>Encourage good posture when sitting at the computer.</p> <p>Discuss the importance of spreadsheets</p> <p>Spreadsheets are needed in many workplaces and in everyday life, therefore it is a great skill to learn and progress in throughout a child's education. Many places of work use spreadsheets to keep track of things and they're also brilliant to budget and plan our finances for the future.</p>	<p>Wider Learning</p> <p>http://www.primaryresources.co.uk/ict/ict2.htm</p> <p>https://youtu.be/vX-ta6115Cc</p> <p>https://www.tes.com/teaching-resource/excel-spreadsheet-build-up-activity-6289650</p> <p>http://www.bbc.co.uk/keyskills/it/level2/module4/1.shtml</p>



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<p>Music Year06 (Kiko)</p>	<p>Learning how to play the recorder using notes and rests</p> <p>We now started our formative assessment where children have the chance to show how much they can play.</p>	<ul style="list-style-type: none">• Let the child practice at home, even though there will be squeaking.• Be an audience. Encourage your child to hold the recorder properly.	<p>https://www.youtube.com/watch?v=T8BlfntBOFU&t=12s</p>
<p>Music Year06 (Sunil)</p>	<p>Learning how to play the recorder</p> <p>Started Learning "UAE National Anthem"</p>	<ul style="list-style-type: none">• Let the child practice at home, even though there will be squeaking.• Be an audience. Encourage your child to hold the recorder properly.	
<p>Arts</p>	<p><u>A Unique Drawing Experience</u></p>  <p><u>Visiting a virtual art gallery</u></p>	<p>Discuss with your child how with one set of directions, everyone can come up with very unique works of abstract art.</p> <p>Encourage your child to collect visual and other information from a virtual art gallery.</p>	<p>Unique Drawing Technique</p> <p>Art Gallery</p> <p>Virtual Tour</p> <p>Home Decor Ideas</p>



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Share with your child that art and craft are great ways to help them learn how to become creative in their thinking.

Discuss with your child how to create a mosaic using coloured papers, scissors and glue.

Art and craft (home decor):



Make your own Mosaic pictures



[Art and Craft](#)



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	<p>Key vocabulary:</p> <p>draw, shapes, mosaic, coloured papers, images, design, listen, understand, unique, identify, imagine, arrange, line, straight, curve, circle, square, triangle, color, similar, different, aware, hand, eye, new</p>		
<p>Moral Education</p>	<p>Theme: Personality and morals.</p> <p>Unit : Taking Responsibility for Oneself and Others</p> <ul style="list-style-type: none"> - To recognize the factors that affect self-confidence and self-respect and understand how to develop resilience - To present and discuss ideas about identity and how the attitudes and actions of others can affect individual's sense of self-worth positively or negatively. <p>Key vocabulary:</p> <p>Responsibility: Performing duties, sharing, cooperating and providing assistance to others in the family, school and community.</p>	<p>Talk to your child to create an awareness of the needs of others, including vulnerable groups (such as the elderly) and provide practical support and consideration and support</p> <p>Encourage your child to present and discuss ideas about identity and how the attitudes and actions of others can affect individual's sense of self-worth positively or negatively.</p> <p>Share with your child the real life examples where people take responsibilities and how each member in the family can practice self-responsibility.</p> <p>Activity: Household work is our responsibility.</p> <p>The family meets together in order to discuss responsibilities in the house.</p>	<p>www.moraleducation.ae</p> <p>www.goodchoicesgoodlife.org/choices-for-young-people/accepting-responsibility-/</p>  <p>2.</p>



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	<p>Self-responsibility: Setting goals for success and self-realization in personal, educational and professional life.</p> <p>Taking responsibility:</p> <p>Recognizing one's obligations and willingly fulfilling them.</p> <p>Perseverance: Continually conducting work and making an effort until the objective is achieved.</p>	<p>Everyone draws a list of tasks that should be conducted in the house.</p> <p>On a piece of coloured paper, each family member writes down the tasks they will perform.</p> <p>Family members discussed the tasks assigned to each of them, and vote on whether the individual's performance is good or needs to be improved.</p> <p>Family members provide suggestions to improve the performance of an individual who does not do well.</p> <p>Every family member undertakes to carry out his or her responsibilities by signing the main list of tasks</p>	
<p>Physical Education Activity 1</p>	<p><u>Yoga for strength:</u></p> <p><i>Yoga has been known for so long as the thing to do when you want to get more flexible. But here's the thing: Yoga can also strengthen most of your muscles, if you make sure to practice a few simple, accessible postures.</i></p> <p><i>Building muscle is known to improve bone density, boost your metabolism, improve sleep, and increase brain health. This power sequence will build muscles in your arms, legs, and core—and it doesn't involve going to the gym or working with any weights.</i></p>	<p><u>Talk and Encourage the children to do the following:</u></p> <ul style="list-style-type: none"> ● Boat Pose ● Chair Pose ● Cobra Pose ● Warrior II Pose ● Halfmoon Pose 	<p><u>Useful sites:</u></p> <p>www.pecentral.org</p> <p>https://www.youtube.com/watch?v=DvQd6qKL63Y</p>



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<p>Activity 2</p>	<p><u>Physical Fitness & Fun Activities:</u></p> <p>Physical fitness is one's ability to execute daily activities with optimal performance, endurance, and strength with the management of disease, fatigue, and stress and reduced sedentary behavior.</p>	 <p><u>Talk and Encourage the children to do the following:</u></p> <ul style="list-style-type: none"> • Russian Twist • Boxer Sit ups • Dynamic Lunge • Burpees • Wide Squat • Jumping Jacks 	<p>www.pecentral.org</p> <p>https://www.youtube.com/channel/UC1jJzoxCfWBiuW-R_q7DQ</p>
<p>Activity 3</p>	<p><u>Physical Fitness & Fun Activity:</u></p> <p>Physical fitness is one's ability to execute daily activities with optimal performance, endurance, and strength with the management of disease, fatigue, and stress and reduced sedentary behavior.</p> <p><u>PE Assessment:</u></p> <p>Focus is on to assess their Physical fitness abilities in endurance, flexibility, coordination, strength, balance etc.</p>	<p><u>Talk and Encourage the children to do the following:</u></p> <ul style="list-style-type: none"> • Speed skaters • Cobra Pose • Chair Pose • Boat Pose • Jump Rope • Alternate standing toe touch  <p><u>Talk and Encourage the children to do the following:</u></p> <ul style="list-style-type: none"> • Russian Twist • Boxer Sit ups 	<p>www.pecentral.org</p> <p>https://www.youtube.com/channel/UC1jJzoxCfWBiuW-R_q7DQ</p> <p>www.pecentral.org</p> <p>https://www.youtube.com/channel/UC1jJzoxCfWBiuW-R_q7DQ</p>



The Winchester School

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Activity 4

Learning Goal:
Where are we?

4. 😎
3. 😊
2. 😬
1. 😓

- Dynamic Lunge
- Burpees
- Wide Squat
- Jumping Jacks
- Speed skaters
- Cobra Pose
- 'T' Pose
- Boat Pose
- Jump Rope
- Alternate standing toe touch

